

## THE ANALYSIS OF SOCIOLOGICAL SURVEY PERFORMED WITH WOMEN AFTER CHILDBIRTH

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**Keywords:** *woman after childbirth, sociological survey, fitness programs, socialization*

**Summary:** *As part of a sociological survey of women after childbirth reveals the problem of their recovery and adaptation to modern society.*

*In the sociological survey, performed with women after childbirth place their restoring and adapting to the modern environment. Is determined the significance of fitness programs, and factors that contribute to psychosocial adjustment of women personality after childbirth in terms of fitness.*

### **Introduction**

During the recent years the image of modern woman has changed not only in physically and aesthetically terms, but also in the psychosocial meaning. Currently, the women occupy the jobs in different fields: science, culture, education, product, policy, sport. This state of woman in society has the appropriate requirements for her personal qualities. This means the healthy lifestyle, the high levels of work capacity, so intellectual as and physical, the strengthen, the preserve and the maintain of woman's health, the spiritual and moral conditions, the successful psychosocial adaptation to vital conditions.

But not only may the state in the forced society the woman can be active and healthy. She meets one of the most important missions for humanity – the reproductive mission. It shows the women in a particular human group that understands her importance and necessity.

For the establishing and the strengthen health of the female population it can contribute the use of mass forms of empowerment physical culture. One of more attractive motor system, due to its popularity, accessibility and emotionality is the fitness. The fitness means helps to women to discharge the physiological and psychological changes that occur in the postnatal period.

For to assess the physical activity and the fitness programs recommended for women who are in the postnatal period, we organized and we conducted a sociological survey: was developed the investigation and processed the data.

The practitioners of fitness clubs from Chisinau were interviewed, where are practiced the specialized fitness programs for women. The average age of interviewed women was 20-30 years.

The all questions in the survey can be divided into three groups:

The first group of questions determines the physical training of women, who practice the fitness and the fitness influence to the development of physical qualities.

The second group of questions studies the influence of fitness programs on mental state of practitioners.

The third category of questions that reveal identified.

The third category of questions reveals the relationship between a woman after childbirth to her state, group fitness, coach, etc.

After the results of sociological survey, almost for the all women the pregnancy was a joyful welcome event, for some - planned and for a small percentage - unexpected.

The most of women know the index, which characterizes their level of physical condition, 68% evaluate their health state better, but not all (60%) have consulted with the doctor before starting the fitness lessons. The 71% supported by the presence of the fitness lessons of qualified medical personnel.

The all interviewed women believe they can control their condition during the training, but only half of them can finish their lessons, if you do not feel well. This suggests about the insufficient self-control level of women who practice fitness.

The 92% did fitness before pregnancy, this confirms that the woman physically active in life, preferring to remain so during the pregnancy, and especially after the pregnancy. During the fitness training they go through a burst of energy, and after class - a charge of vivacity and good mood. This group of women tends to recover more quickly, get in shape after childbirth. The first place in physical activity for women after childbirth are: walking, specialized fitness programs and exercises in water.

When were asked about changes associated with fitness lessons in the postnatal period, the 62% of women responded that they became

more confident, the 38% have started to lead a healthy lifestyle, the 53% have made new friends among the other participants of fitness.

The interest to fitness for women after childbirth may improve, in the first place – the high quality of lessons and a range of fitness programs. Many women could make some adjustments in their lessons: a variety of breathing exercises, hydrotherapy, exercises on the ball and even the more calls. The 87-91% of women, who practice fitness, feels quite comfortable in fitness group and prefers group fitness classes. Most of respondents felt the psychological connection, emotional with other participants from the fitness group, which resembling the common interests. The 96% of women trust in their coach and would like to return to him after the next pregnancy.

After the childbirth all women observed changes in mental status: most have become more responsible, impressionable, some - more irritable and nervous. In this state the fitness classes help to relax, calm down.

The 50% of respondents want to have a second child, and the 25% - no more than three children. Meanwhile, not all women are happy with family materials incomes, but this does not prevent but look optimistically to the question of adding to the family.

Among the main reasons that spurred the interviewed women for the fitness classes during the postnatal period are: the control of weigh increase, increase of muscle tone, consolidation and activation of all the body systems. Not in last place there is also a desire to find new friends among women after childbirth.

In the I table are presented the factors, that form the motivationalbackground and contribute to positive psychosocial adaptation of personality and social identity formation of personality to women after childbirth, which is carried into the fitness system.

**The 1 table. The factors that contribute to psychosocial adjustment of woman's personality after birth in terms of fitness**

<b>THE FACTORS</b>				
<b>Cosmetics issues</b>	<b>Medical issues and hygienic skills</b>	<b>Physical capacity</b>	<b>Neuropsychological establishment and disposition</b>	<b>Psychosocial issues</b>
<i>- the weight control;</i>	<i>- the raising of</i>	<i>- the need in motor</i>	<i>- the obtaining of fitness</i>	<i>- the belief in self, in own</i>

- the formation of muscle corset; - the maintain of muscle tone; - the correction of dress, of walking, etc.	immunity; - the decrease of diseases frequency; - the refusal of harmful habits; - the diet and the right sleep, etc.	activity, in fitness lessons; - the achieve and the maintain of certain results, certain level of physical conditions; - the development of physical qualities, etc.	pleasure; - the good mood; - the prevent of stress, etc.	forces; - the raising of self assessment; - the save of complex related to appearance; - the communication with practitioners of group fitness; - the acquire of new friends, etc.
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Thus, a successful restoration of psychophysical status of women after childbirth in terms of fitness system allows to realize and to benefit the need of physical culture, feel healthy, fully developed, mentally stable person and make the right choice for an active lifestyle to help during the childbirth.

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**Titlu:** Analiza sondajului sociologic desfășurat cu femeii după naștere.

**Cuvinte cheie:** femeia după naștere, sondajul sociologic, fitness programe, socializarea.

**Rezumat.** În cadrul sondajului sociologic, desfășurat cu femeii după naștere se desfășoară problema restabilirii și adaptării lor în mediul

modern. Este determinată însemnătatea fitness programelor, precum și factorii, care contribuie la adaptarea psihosocială a personalității femeii după naștere în condițiile fitness-ului.

**Titre:** L'analyse du sondage sociologique deroule avec les femmes apres l'accouchement.

**Mots-clés:** la femme après l'accouchement, le sondage sociologique, des programmes fitness, la socialisation.

**Résumé.** Dans le cadre du sondage sociologique, auquel ont participé les femmes après l'accouchement, il s'agit du problème du leur rétablissement et leur accommodation dans un milieu moderne. On met en valeur l'importance des programmes fitness, ainsi que les facteurs qui contribuent à l'adaptation psychosociale de la personnalité de la femme après l'accouchement dans des conditions du fitness.